



SEASONAL FRUIT & VEGETABLE GUIDE

Fruits and vegetables always taste best and cost least when they are in season. Below is a guide to help you choose the freshest fruits and vegetables based on their peak seasons. Some of these items may be new to you and some may be hard to find. Look them up on line to find out more about the ones you may want to try and then head to your grocer or local fruit stand to see if they are in stock. Introducing your taste buds to new foods can be fun!

FALL: September - November

Acorn Squash, Asian Pear, Belgian Endive, Black Salsify, Broccoli, Brussels Sprouts, Butter Lettuce, Butternut Squash, Cactus Pear, Cape Gooseberries, Cauliflower, Chayote Squash, Cranberries, Diakon Radish, Endive, Feijoa, Garlic, Ginger, Grapes, Guava, Huckleberries, Jalapeno Peppers, Jerusalem Artichoke, Kohlrabi, Kumquats, Mushrooms, Passion Fruit, Pear, Persimmons, Pineapple, Pomegranate, Pumpkin, Quince, Radicchio, Sapote, Sugar Apple, Sweet Dumpling Squash, Sweet Potatoes, Swiss Chard, Turnips, Winter Squash

WINTER: December - February

Belgian Endive, Brussels Sprouts, Cactus Pear, Cherimoya, Chestnuts, Clementines, Collard Greens, Dates, Grapefruit, Kale, Kiwifruit, Leeks, Oranges, Passion Fruit, Pear, Persimmons, Pummelo, Red Banana, Red Currants, Sweet Dumpling Squash, Sweet Potatoes, Tangerines, Turnips, Winter Squash

SPRING: March - May

Apricots, Artichokes, Asparagus, Belgian Endive, Bitter Melon, Broccoli, Butter Lettuce, Cactus, Chayote Squash, Cherimoya, Chives, Collard Greens, Corn, English Peas, Fava Beans, Fennel, Fiddlehead Ferns, Green Beans, Honeydew, Jackfruit, Limes, Lychee, Mango, Morel Mushrooms, Mustard Greens, Oranges, Pea Pods, Pineapple, Radicchio, Ramps, Rhubarb, Snow Peas, Sorrel, Spinach, Spring Baby Lettuce, Strawberries, Swiss Chard, Vidalia Onions, Watercress

SUMMER: June - August

Apricots, Asian Pear, Beets, Black Currants, Bell Peppers, Blackberries, Blueberries, Boysenberries, Breadfruit, Butter Lettuce, Cantaloupe, Casaba Melon, Chayote Squash, Cherries, Cherries, Sour, Corn, Crenshaw Melon, Crookneck Squash, Cucumbers, Eggplant, Elderberries, Endive, Figs, Garlic, Grapefruit, Grapes, Green Beans, Green Soybeans (Edamame), Honeydew Melons, Jackfruit, Jalapeno Peppers, Lima Beans, Limes, Loganberries, Lychee, Mulberries, Nectarines, Olallieberries, Okra, Passion Fruit, Peaches, Peas, Persian Melon, Plums, Radishes, Raspberries, Strawberries, Sugar Apple, Sugar Snap Peas, Summer Squash, Tomatillo, Tomatoes, Watermelon, Yukon Gold Potatoes, Zucchini

YEAR-ROUND:

Apples, Apricots, Dried, Avocados, Bananas, Banana Squash, Bell Peppers, Bok Choy, Broccoflower, Cabbage, Carrots, Cranberries, Dried, Celeriac (Celery Root), Celery, Coconut, Galangal Root, Leek, Lemons, Lettuce, Mushrooms, Olives, Onions, Papayas, Parsnips, Pearl Onions, Potatoes, Rutabagas, Snow Peas, Wasabi Root, Yucca Root

DON'T FORGET TO STRETCH!